different purposes throughout the world. This makes it possible for researchers to switch to a similar field that isn’t necessarily tied to the topic they studied. Hence, research does not put people in boxes but permits flexibility and collaboration.

**TIME AND FAILURE ARE RESEARCH'S BEST FRIENDS**

The general population gets excited when they hear about a discovery made at the molecular level about a disease such as cancer. However, transferring research from the lab to application requires time and is challenging. Failure is something researchers encounter on a daily basis and it inevitably influences the time it takes for discoveries to be made.

These are some considerations to keep in mind when viewing the world of research. You will learn more by getting involved in the world of scientific, and as you speak to more people in the field. Scientific research is an area that will continue to play a role in Canada and around the world.

Where will it take you?

**MULTIDISCIPLINARY FOOT CLINICS IMPACT ON THE DIABETIC WORLD**

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In today’s society, diabetes is a prevalent illness affecting people of various races, ages, genders and social statuses. Diabetes is a chronic illness in which the body is unable to break down sugars due to poor insulin production and function. Diabetes can be classified as type I or as type II, and may be categorized as moderate or advanced. In type I diabetes, a person isn’t able to produce insulin, while someone with type II diabetes cannot produce enough insulin and suffers from “insulin resistance”. Diabetic patients may suffer from health complications as the illness becomes more advanced, such as foot complications. Often, foot complications can result in amputation of the lower limbs or in some cases, mortality. To address this problem, multidisciplinary foot clinics have been created to aid patients, reduce mortality rates, and decrease the occurrence of limb amputations. These programs provide information to diabetic patients and their families, providing foot-oriented treatments and monitoring patients’ progress through after care. This article will argue that the practices and procedures in multidisciplinary foot clinics help significantly reduce diabetic foot complications, resulting in amputation or death for diabetic patients.

Multidisciplinary foot clinics inform patients on all aspects of their conditions, as some patients with chronic illness lack knowledge on how to deal with their condition, while also providing treatments and medications to patients. Furthermore, these clinics offer information regarding the impact diabetes and its treatments has on patient’s bodies and warning signs they should look out for. Various studies have shown that education, care, motivation and action by patients with diabetes themselves are important in protecting the feet from health complications. Within any given clinic, there are numerous health care professionals whose sole purpose is to educate patients. It can be difficult for patients and their family members to speak up for themselves towards health care professionals if they’re uneducated about certain medical conditions or illnesses. Thus, the clinics provide patients and their families the tools they need to speak up for themselves towards health care professionals. Patients are also given information regarding the types of precautions they should take after receiving a diagnosis. For example, patients are advised to avoid specific types of footwear and various activities. Activities such as walking, running and other exercises involving the feet can cause additional strain, which may lead to ulcer and further foot complications. Therefore, with all the diverse care provided at multidisciplinary foot clinics, patients can be properly educated about basic care and advocacy they can administer for themselves.

The prevention of progressing foot complications is given particular attention in these clinics as foot focused treatment is provided. Common types of foot complications include peripheral neuropathy (which leads to problems with the way nerves carry out signals) and peripheral arterial disease (which are the complications of blood flow). Peripheral arterial
disease complications include callus formation, structural foot deformities, circulatory disturbance and wound formation such as ulcers\(^1\). As these complications progress, they can cause the foot to die from extreme nerve damage or poor blood flow, possibly leading to amputation of the limb. In more extreme cases, lesions that are unable to heal or are not treated properly can become infected, causing the patient death. Fortunately, these clinics specialize in a variety of therapy options and medications that can stop complications in the early stages so that they do not progress. The most beneficial aspect of the clinics' treatment is the access to multiple services and group treatment needed. Multidisciplinary teams can be defined as "a group of people with different kinds of training and experience working together, usually on an ongoing basis" \(^2\). These teams often consist of physicians, nurses, chiropodist, lab technicians, and many other specialists. All of these health care providers work together to prevent complications and control the progression of complications through instant health care.

Once a patient's treatment is over, care does not end; Multidisciplinary provide patients with constant care through subsequent follow-ups. The multidisciplinary foot clinic patients then go to an outpatient foot clinic where their conditions are monitored and further therapies are administered. These inspections are done at the clinics along with things such as physical therapy as a way to help patients regain strength in their feet and to ensure proper blood flow. These outpatient clinics also provide patient progress updates and check-in with how patients are dealing with their medications; diet regimes and other home care procedures. This is key because often patients revert back to old ways or do not follow treatment but the monitoring ensures consistent positive results. Abbas (2013) stated “amputation rates of lower limbs in patients with diabetes can be reduced by 50% if inspection of the feet and footwear are done regularly” \(^1\).

Overall, multidisciplinary foot clinics serve as a preventive measure that reduces the outcome of amputation and death in diabetic patients with foot complications. The clinics’ abilities to provide sufficient education to patients and their families are a first line of defense to prevent complications from developing. However, when complications do occur, the clinics provide patients access to foot-focused treatments and a wide range of health care professionals. They also follow up with patients and monitor their progress so that treatment is on the right track and conditions are controlled. Multidisciplinary foot clinics are one of the top preventive measures to the diabetic foot complications.

REFERENCES


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